DOCUMENT RESUME

ED 300 469 UD 026 034

TITLE The Door--A Center of Alternatives. Report on Current Activities and Recent Achievements.
INSTITUTION International Center for Integrative Studies, New York, N.Y.
PUB DATE Jan 88
NOTE 18p.
PUB TYPE Reports - Evaluative/Feasibility (142) -- Reports - Descriptive (141)

EDRS PRICE MF01/PC01 Plus Postage.
DESCRIPTORS *Adolescents; Alcoholism; Athletics; *Counseling; Creative Art; Crisis Intervention; Drug Abuse; Early Parenthood; Food Service; Health Programs; *High Risk Persons; Job Placement; Legal Aid; Mental Health Programs; Physical Disabilities; Remedial Instruction; *Social Services; Urban Programs; *Urban Youth; Vocational Education; Youth Problems; *Youth Programs
IDENTIFIERS *Door Youth Center NY; New York (New York); Perinatal Education

ABSTRACT

The Door is a youth center in New York, New York, that has the capacity to respond to a myriad of adolescent needs and problems. Over the past 15 years it has serviced over 100,000 teenagers, 53.4 percent of whom were Black, 23.1 percent Hispanic, 20 percent White, 3.5 percent Asian and other; they come from all over the New York City area. Because of the Door's integrative approach to services, young people can benefit from the knowledge of professionals from many different disciplines, all of whom are located within a single facility. Among the services provided are the following: (1) educational remediation, prevocational training, and job placement services; (2) creative and physical arts classes; (3) health care services; (4) mental health services; and (5) social services. A brief history of the Door is provided. Major program accomplishments for 1987 are listed, and plans for 1987-88 are detailed. Appended are descriptions of the following specialized services and programs: (1) social and legal services; (2) crisis intervention; (3) food service; (4) substance abuse prevention/treatment; (5) programs for young people with physical disabilities; (6) younger people's program; (7) psychological counseling; (8) sports, physical education, and martial arts; (9) the learning center and prevocational training program; (10) the adolescent health center; (11) perinatal programs; (12) other health programs; and (13) creative arts. (BJV)

****
* Reproductions supplied by EDRS are the best that can be made *
* from the original document. *
****

2-8-98

ED300469

Report on Current Activities and Recent Achievements Description of Programs & Services

"PERMISSION TO REPRODUCE THIS MATERIAL HAS BEEN GRANTED BY
Charles D. Terry
The Door - A Center of Alternatives
TO THE EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)."

U.S. DEPARTMENT OF EDUCATION
Office of Educational Research and Improvement
EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)
☑ This document has been reproduced as received from the person or organization originating it.
☐ Minor changes have been made to improve reproduction quality.
• Points of view or opinions stated in this document do not necessarily represent official OERI position or policy.

UD026034

The Door - A Center of Alternatives

A Project of the

International Center For Integrative Studies

Report on Current Activities

And

Recent Achievements

1987

January, 1988

618 Avenue of the Americas
New York, New York 10011

INTRODUCTION

In the past 15 years more than 100,000 teenagers have visited The Door, each bringing, and in turn discovering, something special. The Door fosters involvement in activities which are stimulating, require discipline and commitment, and provide youth with a sense of community. Young people who participate can look forward to the satisfaction that comes with a sense of achievement, dignity and belonging. The Door offers them meaningful opportunities to express themselves, to develop new interests and to find self-worth.

At The Door, an adolescent parent can find anything from perinatal medical care and counseling services--including advice on how not to get pregnant again--to a special prevocational training and job placement program for teenage parents. A young runaway can find shelter referral services, legal advice, emergency food, health care, and crisis counseling. The Door offers high school dropouts GED preparation courses with one of the highest pass rates in the City. Regardless of what brings young people here, each will find a team of open, supportive professionals who can help them learn to cope with life's immediate pressures and prepare for the challenges of adulthood.

To participate in programs at The Door, a young person does not need to have a problem, although many do. Unlike most youth programs, The Door has the capacity to respond to a myriad of adolescent needs and problems. Its comprehensive services philosophy brings into focus the physical, social, intellectual and spiritual dynamics of human growth and development. The Door's goal is simple: to help inner-city teenagers lay the foundation upon which to build a healthy, productive and meaningful life.

The Door's total person approach to dealing with the problems of adolescents has made it a model for other youth centers around the world. The Door has been replicated in New York City and State, Washington D.C., Mexico, Guatemala, Canada, Bermuda, the Virgin Islands, the Philippines and Australia.

THE NEED

Over the last decade, the life expectancy for adolescents has decreased, while for every other age group in the country it has increased!

For too many of today's young people, the future offers little hope. Many are raised by parents who are rarely available to them or who have little empathy for the pressures that characterize a teenager's life today. In many homes, television has taken the place of adult role models, portraying the use of alcohol, casual sex, and expedient acts of violence as routine, if not acceptable behavior. Outside of the home, young people are faced with an educational system which fails to teach them critical life skills. Many young

people face the additional hardships created by a physical disability, a learning problem or language and cultural differences. Added to this are the pressures teenagers face from their peers; pressures which are further compounded by their own feelings of confusion and insecurity. In the midst of all this, one begins to understand teenagers' need to prove themselves and their propensity for risk-taking and often self-destructive behaviors. While adolescence can be a trying time under the best of circumstances, for thousands of inner-city teenagers it is a struggle for survival. Consider the following:

- o Seventy percent of delinquent youth are the victims of abuse at home. One million teenagers run away from home each year, one-third because of incest and physical abuse.

- o In New York City some 60,000 to 100,000 students are truant each day. More than 43 percent of New York's high school students fail to earn their diplomas.

- o School-age pregnancy is the largest single reason why young women drop out of school...Less than 50 percent of teen mothers graduate from high school...Teen fathers are 40 percent less likely to graduate than their non-parent peers.

- o Over 50 percent of the welfare expenditures in this country go to families in which the mother began parenting as a teenager. One out of every six babies born in the U.S. is born to a teen parent. Of all the children born out of wedlock, 60 percent end up on welfare.

- o One-third of all children in our New York City schools live on welfare. Twenty to 25 percent of New York City's school children live in single-parent families.

- o Nearly one-fourth of all young people, ages 12 to 17, have used marijuana. One out of four teenagers will become a problem drinker.

- o Over 20,000 young people between the ages of 14 and 21 roamed the City streets last year without homes.

- o Last year the number of children living in foster care rose to over 17,000. Twenty-five to 50 percent of the young men residing in New York City's shelters for the homeless are former foster care children.

- o Suicide is the third leading cause of death among young people ages 15 to 24...One-fourth of female minors who attempt suicide (over 100,000 per year) do so because they are, or believe they are pregnant.

- o In the second quarter of 1986, the unemployment rate in New York City for all young people between the ages of 16 and 19 was 34.7 percent... For Black and Hispanic youth it was 49.4 percent and 45.6 percent respectively.

For the young people who do not find the tools to solve their problems or a meaningful route to adulthood, it could mean a lifetime of dependency with all of its attendant problems. Some may become alcoholics or drug abusers. An alarming number will commit suicide. Many will turn to crime. Others whose problems may not be as severe now, may never reach their full potential because circumstances in their lives will deprive them of the opportunities for learning and growth.

THE DOOR'S YOUNG PEOPLE

The majority of The Door's young people come from economically disadvantaged backgrounds. They represent a diversity of ethnic backgrounds (53.4% Black, 23.1% Hispanic, 20.0% White and 3.5% Asian and other), and come from throughout the New York area (32.3% from Brooklyn, 32.1% from Manhattan, 14.1% from the Bronx, 12.1% from Queens and 9.4% from Staten Island and other areas).

While young people are referred to The Door by a variety of sources (teachers, counselors, other service providers, judges, probation officers and relatives), approximately 50 percent of the young people hear about The Door through their friends. This "word of mouth" recommendation is evidence of the positive impact The Door has on the lives of New York City teenagers.

THE DOOR DIFFERENCE: COMPREHENSIVE SERVICES

The Door was founded in large measure to help New York City's teenagers cut through the tangle of bureaucratic red tape with which they are often faced in getting help. Because of The Door's integrative approach to services, young people can benefit from the knowledge of professionals from many different disciplines all located within a single facility.

A young person coming to The Door can work directly with a variety of people: doctors, lawyers, nurses, social workers, teachers, job developers, counselors, nutritionists, master artists, athletic coaches and more. A young person can become involved in as many different programs as he or she chooses. Each young person's involvement is monitored by a primary counselor, who is assigned when the young person first visits The Door.

Services and programs are coordinated through nightly team meetings where, in a collective effort, professional staff share their perspectives on the needs and problems of individual Door members. These team meetings are the key to the workings of The Door's integrated services philosophy. In the course of these meetings, as a doctor consults with an art teacher, a social worker with a nutritionist, or perhaps a lawyer with an athletic coach, staff come to a fuller understanding of each young person's needs.

Any combination of Door services, regardless of a young person's specific problems or concerns, is available to the young people who come here. Door members are encouraged to explore any program which may help them solve their problems or enrich their experiences.

In seeking to provide services in the broadest sense, The Door's integrated services approach combines the best features of the following:

- o EDUCATIONAL REMEDIATION, PREVOCATIONAL TRAINING AND JOB PLACEMENT SERVICES: Remedial classes in math and language arts; English-As-A-Second Language classes; preparation classes for the General Education Development (G.E.D.) test; computer-assisted learning; tutoring and homework assistance; library facilities; college information and preparation services; career counseling; prevocational and vocational training; and job placement and referral.

- o CREATIVE AND PHYSICAL ARTS CLASSES: Classes in ballet, modern dance, jazz and African dance; vocal and instrumental music; drama; ceramics; photography; silkscreening; jewelry; airbrush; painting and drawing; sculpture; art education; martial arts training; fitness and competitive sports; gymnastics; weightlifting; and wrestling. Young people also visit museums, galleries, performances and sports events, and attend special presentations and classes by guest artists.

- o HEALTH CARE SERVICES: Primary medical care; laboratory services; pharmacy services; health promotion; sexual health and awareness counseling; prenatal care and childbirth education classes; postpartum and well-baby care; nursery facilities; parenting education; nutrition counseling; and food services.

- o MENTAL HEALTH SERVICES: Alcohol and drug abuse prevention and treatment services; individual and group counseling; and delinquency and suicide prevention services.

- o SOCIAL SERVICES: Legal/advocacy services; crisis intervention services; screening for basic entitlement programs; life stabilization services; and referral to other service agencies (as needed).

(See detailed listing of Door services and programs attached.)

To thousands of New York City teenagers who are unable or unlikely to seek help from traditional agencies or institutions, The Door has become a viable alternative to self-destructive lifestyles, unhealthy home environments, and the struggle of life on the streets.

Each month, more than 1,200 teenagers take advantage of The Door's services and programs, all of which are provided free of charge by experienced professionals. For many of these young people, a visit to The Door is the first step toward continuing education, training and self-improvement.

A BRIEF HISTORY OF THE DOOR

The Door was founded in 1972 as a demonstration project of the International Center for Integrative Studies (ICIS). The concept behind The Door grew out of the recommendations of a task force of young professionals, who

from their varying perspectives on health, mental health, education, law and the arts, felt a new approach was needed to meet the needs of inner-city teenagers. Young people's problems were not being solved through the isolated attempts of disparate disciplines and service systems. For many teenagers, existing social service agencies were financially, psychologically or geographically inaccessible or provided only fragmented, "single-service" care. Young people needed help but were being lost in the social services bureaucracy.

Task force members saw a better way and together founded The Door - A Center of Alternatives, a free-standing multiservice center. From its inception, when task force members operated the program as volunteers out of a small store front, The Door gave practical application to the integrative philosophy of its parent organization, ICIS.

In the last 15 years, The Door has experienced tremendous growth. Today The Door offers more than 20 different programs, with a staff complement of approximately 100 full-time employees, 72 part-time employees, and 75 volunteers.

MAJOR PROGRAM ACCOMPLISHMENTS FOR 1987

The Door continues to explore ways in which to improve the quality of life which can be attained by inner-city youth. Program developments at The Door over the past year include:

- The addition of a Comprehensive College Information and Preparation Project which supplements the range of education services offered to young people at The Door. The program is designed to give participants the information, exposure and support they need to pursue post-secondary education and/or training.

- The implementation of a project designed to break the cycle of repeat pregnancies among teenagers who are pregnant or who already have a child. The focus of the project, which is linked to the education and prevocational training program, is to help young parents broaden skills and interests and in turn, increase their career options and prospects for the future. We have found that young people with a sense of self-esteem and foresight are much less apt to engage in risk-taking behaviors, such as those associated with teenage pregnancy and substance abuse. To this end, project participants receive intensive medical, educational, counseling, and employment training services.

- The introduction of a Transitional-Independent Living Skills Training Project. This project was developed to increase the skills and self-sufficiency of physically disabled Door members. Project goals are accomplished through a specialized training curriculum, support services, and practical day-to-day experiences in the community.

- The introduction of the Welfare Hotel Project, a new program aimed at younger adolescents ages 12 to 15, living with their families in nearby welfare hotels. Project staff conduct outreach on-site at three of the largest hotels--the Martinique, the Prince George and the Latham.

To date, contact has been made with more than 200 younger adolescents, 65 of whom have enrolled and regularly attend programs at The Door. Project staff also conduct a weekly "activities group" on-site at the Martinique Hotel.

- o The introduction of an Independent Living Skills Training Project designed to help teenage runaways and homeless youth rebuild their lives. Specialized training and clinical support are supplemented with referral and placement services. The Door coordinates its referral and placement efforts with a network of other agencies serving runaway and homeless youth.

- o The introduction of a creative arts project designed to increase the involvement of young people in the arts and enhance the aesthetics of The Door. Door young people recently painted murals of their own design and are exploring other ways in which to permanently display their works, including such things as the design of ceramic and enamel tile murals.

- o The implementation of a prevention project to screen, counsel, and conduct periodic medical evaluations of adolescents who are at risk of developing hypertension. This once-ignored issue in adolescent health care is now being addressed by nutrition and health educators at The Door, who teach teens how to modify their life-styles and thereby reduce the risk of hypertension.

- o Months of intensive negotiations resulted in the purchase of a six-story, 100,000-square-foot building at 121 Sixth Avenue in Lower Manhattan. The facility will serve as a permanent home for The Door, as well as for the Fund for the City of New York, and other local nonprofit organizations. Not only does the new building offer exciting possibilities for future expansion, it also gives us the kind of long-term financial and programmatic stability that would have been impossible for us to achieve as tenants. With renovations, we can create a permanent home for The Door that best suits the needs of our programs and the young people we serve.

- o On January 28th, The Door was featured in a nationally aired Public Broadcasting Services special entitled Generation at Risk. The documentary profiled ten youth service agencies around the country. The Door was distinguished for its comprehensive, integrated approach to service delivery which in practice, enables The Door to address any number of adolescent problem areas within a single facility. Since one of The Door's founding objectives is the establishment of more comprehensive policies and programs for youth, we are delighted with the attention the film brought to this issue.

- o The Door is currently involved in discussions with a number of major national foundations and government agencies which have expressed an interest in helping fund a project that would assist other youth agencies throughout the country replicate The Door model.

- o The Door was awarded the 1987 Hilary Millar Award of the Society for Adolescent Medicine. The award was given in recognition of The Door's impact, both nationally and internationally, for innovations in health care services for adolescents.

- o The Door was also honored by The First Earth Run as an outstanding example of "What's Working in the World". This recognition by the world community salutes our approach to dealing with the overwhelming problems facing young people today.

Nineteen eighty-six ended on a very bright note for The Door and 1987 promises to be one of the most challenging and rewarding years in our development.

PLANS FOR 1987-88

In January 1987 we launched a capital campaign to pay for our new facility. However, the need to maintain existing services will continue to be a fundamental part of our efforts. For the growing number of young people who are the victims of poverty, abuse and neglect, homelessness and school failure, The Door's services are an invaluable resource. In the months ahead, we must ensure that the services we provide young people remain responsive to their needs and are in no way disrupted or diminished. Our plans for 1987 include:

- o The expansion of the alcohol abuse prevention program using specially designed multimedia events and creative arts activities to reach the children of alcoholics.

- o The integration of bimonthly health, mental health and education seminars into The Door's creative and physical arts classes.

- o The further development of the "Friends of the Arts Committee", a group of arts professionals and others with strong connections to and interests in the arts world. These individuals were convened to provide artistic advisement, professional contacts, and bring other arts-related resources to The Door's Creative and Performing Arts Program.

- o The continued involvement of The Door's Volunteer Advisory Committee, a group of corporate leaders interested in increasing The Door's corporate resource base. Initially their efforts will focus on job placement, mentorship, and training opportunities for The Door's young people.

- o The continued collaboration of Door staff and architects around the design and renovation of our new facility. Plans are underway and include the following:

  - Upgrading the youth-operated Door Cafe to increase its service capacity and the number of young people trained for jobs in the restaurant management and food services industry.

- The addition of a dance/theatre space with a public entrance which would eliminate disruptions to other Door programs while theatrical performances or films are in progress. Long-range plans may include renting The Door's theatre or performing arts space to other arts groups.

- Upgrading the "Wait and Play" nursery to include observation and training space. Such space would allow staff to conduct parenting skills workshops and would more fully integrate the services of the nursery with those of the perinatal and mental health program areas. Improvements will increase the therapeutic value of the nursery services available to young parents at The Door.

CONCLUSION

Comprehensive, integrated services can work where isolated, fragmented approaches to helping young people fail.

The development and maintenance of so many diverse services under one roof require the judicious use of both private and public resources. With the generous support of government, foundation, corporate and individual funders, The Door can look forward to continuing its efforts on behalf of New York City youth into 1988 and beyond.

THE DOOR - A CENTER OF ALTERNATIVES
618 Avenue of the Americas
New York, New York 10011
(212) 691-6161

SPECIALIZED SERVICES AND PROGRAMS

The Door - A Center of Alternatives for youth in New York City is a non-profit service center for disadvantaged adolescents. Founded in 1972, as a project of the International Center for Integrative Studies, The Door has since been replicated in Washington, D.C., Mexico City, Manila, Australia, New York, Canada, Guatemala, the Phillipines and St. Thomas.

More than 1,200 young people ages 12 to 20 come to The Door each month for services. The goal of The Door is to help inner-city young people become independent adults capable of participating in and contributing positively to society.

The Door provides a comprehensive range of services, offered free of charge by experienced professionals. For many adolescents, the services open doors to ongoing treatment, education and training. At The Door young people can find solutions to their problems and services to help them meet their immediate needs. The programs offered by The Door include the following:

SOCIAL AND LEGAL SERVICES

Social services are mainly crisis intervention and support services for young people with emergency needs for shelter, food and clothing. Staff in this area also respond to cases of physical and sexual abuse, the need for life stabilization services, and income maintenance.

The Door's legal staff offer counseling and referral services to young people who are experiencing problems that require legal advice or representation.

- Individual counseling services

  Evaluation and assessment

  Crisis intervention/stabilization

  Information and referral

  Information and screening for basic entitlement programs (AFDC, Medicaid, Food Stamps, WIC, SSI)

  Child abuse intervention services

  Family assessment and counseling services

  Short and long-term therapy

  Coordination of services with other agencies

  Legal counseling, advocacy, and representation

CRISIS INTERVENTION

- Intervention services and referral for runaway and homeless youth

FOOD SERVICE

The Door's Food Service Program provides free, nutritious meals to young people Monday - Friday. For many young people this is the only nutritious meal of the day. The food services staff also offer nutrition counseling and on-the-job training for young people who work in the kitchen.

- Food services
- Free emergency food packages

SUBSTANCE ABUSE PREVENTION/TREATMENT

In adolescents, it's not the pharmacological properties alone that make a drug harmful; even so-called "less dangerous" drugs may have a serious effect on personal development during these years. Regular use of any drug can interfere with or become a substitute for positively engaging in the developmental tasks of adolescence.

The drug and alcohol prevention/treatment program provides information, education and counseling about alcohol and drug abuse. The program also provides treatment for drug or alcohol-related problems. With its multiple points of entry, confidentiality, and informal environment, The Door can reach out to young people who would not otherwise be inclined to enter a "drug treatment program."

PROGRAMS FOR YOUNG PEOPLE WITH PHYSICAL DISABILITIES

Young people with a range of physical disabilities (blindness, impaired hearing, cerebral palsy and spina bifida) are actively involved in a program designed to integrate them into all Door services and activities. These teenagers participate in creative and recreational workshops, sexual health and awareness programs, counseling sessions and youth leadership activities. Under the direction of a mental health counselor who is blind himself, these young people explore their individual concerns and their relationships with non-disabled peers at The Door.

YOUNGER PEOPLE'S PROGRAM

This program provides a variety of "prevention" services to hard-to-reach young people, ages 12-15. The Younger People's Program was launched in response to the increasing number of "at risk" younger teens that staff observed coming to The Door, many of whom were being referred for services from the city's "welfare hotels". The program is designed to meet the needs of youth who require additional interventions and intensive individualized programming in order to remain in and continue to benefit from The Door's comprehensive service program.

PSYCHOLOGICAL COUNSELING

In New York City, as well as nationally, suicide has become a leading cause of death among 15-to-24 year olds--second only to accidents. For young people in this age group, "accidents" and risk taking behavior can also be a form of actual or attempted suicide.

The Door offers counseling and therapy to young people who are confused, troubled, depressed or emotionally disturbed. Services include psychological testing, crisis intervention, individual and group psychotherapy, family counseling, and art/recreational therapy services. Door counselors deal with a wide range of adolescent mental health issues daily, including severe stress, crisis intervention and suicide prevention.

- o Intake and psychiatric evaluation services
- o Interagency referral services
- o Individual counseling services (short-term and long-term treatment)
- o Group counseling services
- o Socialization skills classes
- o Family therapy services
- o Emergency psychiatric services

SPORTS, PHYSICAL EDUCATION, AND MARTIAL ARTS

These programs often serve as an entry point for young people who may be reluctant to seek out professional services when they first come to The Door. The Sports and Physical Education Program provides young people with an opportunity to participate in constructive physical activities and develop positive peer relationships. Services include gymnastics, volleyball, tennis, wrestling, basketball and fencing. The Yoga and Martial Arts Program offers instruction in self-defense, self-control, self-awareness and alternatives to drugs abuse or other self-destructive lifestyles.

- o Goju karate classes
- o Kung Fu classes
- o Aikido classes
- o Basketball
- o Tennis
- o Soccer

THE LEARNING CENTER AND PREVOCATIONAL TRAINING PROGRAM

The Learning Center is The Door's educational and instructional program. Individual and group remediation services are offered in reading, writing, math, English-As-A-Second-Language and GED preparation. The program provides information and counseling to young people who need guidance, educational remediation or prevocational training before they enter the job market.

The Door's Education, Prevocational and Employment Training Program is reaching out to young people by providing them solid work experience, job placement services, education and training. Innovative programs include The Door Cafe (a youth-run restaurant and catering business) and EdTech (a computer center designed to help disadvantaged young people improve their problem solving skills).

- o English-As-A-Second-Language classes
- o Pre-GED preparation classes
- o GED testing services
- o "Ed Tech"
- o Homework assistance and services
- o Library services
- o Individual career counseling services
- o Individual education counseling and remediation services
- o Job development, referral and placement services
- o Employability skills training
- o On-Site job training programs
  - Food services (The Door Cafe and Food Services Program)
  - Carpentry
  - Typing
- o Work-Sample Laboratory

THE ADOLESCENT HEALTH CENTER

The Adolescent Health Center is a primary health care facility where young people are seen for diagnosis, treatment, counseling, and follow-up care. Services include: comprehensive health care, family planning services, sexual health/awareness counseling, prenatal care for pregnant teenagers, and nutrition counseling services. Staff includes physicians, nurses, nurse practitioners, nurse midwives, nutritionists, sex and family planning counselors, and health educators. The Door's fully licensed health care center includes a pharmacy and a laboratory.

Adolescence is a time when promoting positive health behavior can affect a person's future lifestyle. The Door's Health Promotion Program deals with nutrition, physical fitness, and the promotion of healthy behavior. Young people are helped to take control of their lives through stress management sound decision making, and an understanding of good health and its relation to the quality of life. Creative approaches, such as the use of videotape, biofeedback, meditation and music, are used to engage and instruct the teenagers.

The Door is also dealing with the rising rates of teenage pregnancy by working with the young men as well as young women. The Door places emphasis on helping all young people take responsibility for their own sexuality and to appreciate the importance of contraception if they are sexually active.

For those who become pregnant, The Door provides comprehensive prenatal care to ensure that these young mothers have healthy babies. Young parents are provided parenting skills to help them cope with raising their babies and are given the opportunity to further their education and training. The Door also provides basic child care to young parents who are interested in taking advantage of The Door's programs and services.

PERINATAL PROGRAMS

- Prenatal classes (covering both health and mental health issues)
- Young mothers' discussion groups and workshops
- Young fathers' discussions groups and workshops
- Childbirth preparation classes
- Exercise classes

ADOLESCENT HEALTH CARE MAINTENANCE PROGRAM

- o Physical exams
- o Diagnostic and treatment services
- o Referrals to back-up hospitals (as necessary)
- o Well-baby clinic
- o Health care triage
- o Pharmacy
- o Laboratory services

SEXUAL HEALTH AND AWARENESS PROGRAMS

- o New members' group
- o Birth control services and counseling
- o Pregnancy counseling services
- o Sexual health counseling services
- o Rape and incest counseling services
- o Sex education/awareness groups for males and females

NUTRITION PROGRAMS

- o Individual nutrition counseling services
- o Cookshops
- o Weight control classes
- o Aerobics classes

Health Promotion Programs

- o Health awareness classes
- o Individual health counseling services
- o Stress management
- o "Health Resource Center"

- Gymnastics classes
- "Smoking Cessation Program"

Creative Arts

Through the visual, plastic, and performing arts, young people find outlets for their creative energies and gain self-discipline and skills that will enrich them throughout their lives. Workshops are taught by practicing professionals in well-equipped studios. Young people also take part in performances, exhibitions, seminars, and arts festivals, and participate in Door field trips to art museums and galleries. As a result of their participation in the Creative Arts Program, many Door alumni have gone on to establish careers in the arts.

Performing Arts

- Dance (ballet, jazz, modern)
- Theatre
- Voice/music
- Production

Visual Arts

- Drawing and painting
- Silkscreen
- Photography

Plastic Arts

- Woodworking
- Jewelry and stained glass
- Ceramics